

A close-up photograph of several cracked brown eggshells on a white surface. The shells are broken into various pieces, with some showing the inner membrane.

NOVEMBER 9 - 13, 2020

WEEKLY MENU

BY DOLLOP

A photograph of a white ceramic bowl containing two bright yellow egg yolks. The yolks are intact and surrounded by a thin layer of egg white. The bowl is set against a light background.

EGGSPRESSIONS

This Week's Menu

NOVEMBER 9 – 13, 2020



MONDAY

Spaghetti Carbonara with Sauteed Onion

TUESDAY

Striploin Steak and Eggs

WEDNESDAY

Honey Mustard Salmon with Asparagus

THURSDAY

Broccoli and Egg Fried Rice

FRIDAY

Shallot Mushroom Quiche

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Editor's Letter

Welcome to your 5-Day Menu For Home Cooks!

"Eggspressions" features an ingredient that is a symbol of fertility and tradition that is essential to many incredible dishes...we are talking about EGGS, of course!

This universal ingredient can be cooked in hundreds of different ways and is affordable and approachable. Perhaps the best thing about eggs, however, is how incredibly versatile they are. From comfort breakfast fare to quiche to fried rice, we hope you learn a new way to cook with eggs this week. You're going to require quite a few, along with fresh produce, herbs, salmon and steak!

Don't miss the detailed grocery list and educational article provided, as well as tips and suggestions on how to get the most out of each recipe.

We hope you enjoy "Eggspressions." As always, these recipes are meant to be a guide. Have fun and trust your instincts in the kitchen. So, what are you waiting for? Get crackin'!



MATT WALKER
EDITOR IN CHIEF

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MONDAY



**SPAGHETTI CARBONARA WITH SAUTEED
ONION**

Spaghetti **CARBONARA** with Sauteed Onions



YIELD

4 SERVINGS



TIME

20 MINS



DIFFICULTY

EASY

INGREDIENT	WEIGHT	VOLUME
Salt	For pasta water	-
Spaghetti pasta (or from Pantry Essentials)	450 g / 1 lb	-
Pasta water, reserved	60 g	60 mL / ¼ cup
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Bacon, cut into thin strips	8 oz	8 slices
Yellow onion, chopped	150 g	1 medium onion
Eggs	180 g	4 large eggs
Heavy cream	75 g	90 mL / 6 tbsp
Parmesan cheese, grated	15 g	¼ cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Parsley, chopped	For garnish	-

METHOD

1 Bring a large pot of salted water to a boil. Add spaghetti and cook until a few minutes before al dente. Drain, reserving ¼ cup pasta water.

2 In a skillet, heat olive oil over medium heat. Add bacon and onion and cook until onion is caramelized and bacon is crisp, about 7 to 8 minutes.

3 In a large serving bowl, whisk together eggs, cream and Parmesan cheese. Scrape

the cooked bacon and onion into bowl, along with the cooking fat.

4 Add spaghetti and reserved pasta water to bowl and toss. Place a plate on top of the bowl to hold in the heat and let sit for 5 minutes.

5 Remove the plate, garnish with salt, black pepper and parsley. Serve.



NOTES

- You can use pancetta instead of bacon
- Garlic bread makes a nice accompaniment

TUESDAY



STRIPLOIN STEAK AND EGGS

Striploin **STEAK** and Eggs



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	WEIGHT	VOLUME
Steak, New York striploin, boneless	680 g / 1½ lb	4 steaks (6 oz each)
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Neutral oil	30 g	30 mL / 2 tbsp
Butter	30 g	2 tbsp
Eggs	360 g	8 large eggs
Salt	To taste	-
Black pepper, freshly ground	To taste	-

METHOD

1 Pat steaks down with paper towel to draw out moisture. Season all steaks on each side with salt and black pepper.

2 In a large skillet, heat neutral oil over medium high heat until oil is shimmering.

3 Working in batches of two, sear steaks until an internal temperature of 55°C / 130°F (medium-rare) is reached, about 5 to 7 minutes per side.

4 Transfer to a cutting board to rest for at least 5 minutes.

5 Wipe down skillet and melt butter over medium heat,

swirling to coat bottom of skillet.

6 Working in batches, crack eggs into skillet. Season with salt.

7 Cook over medium heat until whites are just set and the yolks are still runny, about 3 minutes.

8 Transfer eggs to a plate and season with black pepper.

9 Slice steaks into strips and plate one steak alongside 2 eggs, per serving.

NOTES

- Steak temperatures: Medium-rare: 55°C / 130°F, Medium: 60°C / 135°F, Medium-well: 65°C / 145°F
- Alternatively, you can use sirloin or ribeye steak
- It is important to let steaks rest after searing in order to allow the juices to lock in
- Additionally, you can garnish eggs with smoked paprika or garlic powder



ANATOMY OF AN EGG

We break down all the parts of a chicken
egg from shell to yolk!

One of the reasons that eggs are such an important ingredient is because their function varies greatly depending on how they are used. Then there is the anatomy of an egg. Depending on the application, only some parts of the egg are used. Let's start by looking at the role of each part.

SIZE MAY MATTER

Depending on the breed, diet, and age of the chicken, different sized eggs are laid. Usually the older the hen (female chicken) the larger the eggs are. Eggs are graded by their size and the average weight of a chicken egg is around two ounces. Overall, the size of the egg you buy doesn't matter too much, except when it comes to baking. Baking requires precision, so using the wrong size egg can produce devastating results. To ensure success in baking (and cooking too, for that matter) one should measure ingredients by weight, including eggs.

**EGGS ARE GRADED
BY THEIR SIZE AND
THE AVERAGE WEIGHT
OF A CHICKEN EGG IS
AROUND TWO OUNCES**

THE YOLK

The role of an egg yolk is fat. If a recipe calls for only the yolk, it requires the fat content. This gives baked goods a richer, creamier texture. The yolk also acts as a binding agent through the process of emulsification (liquids and fats merging together) which makes them especially useful for batters and custards like creme brûlée. Baking aside, egg yolks are also used to make pasta carbonara, traditional caesar salad dressing and they're the classic topping on steak tartare.





EGG WHITE

Egg white is the clear liquid within an egg and consists of about 90% water. Many dessert recipes, such as soufflé and meringue, call for whipped egg whites, which incorporates air bubbles within the white and creates a foam that makes a great leavening agent. When heated, the air trapped in the foam will expand. In the days before baking soda and baking powder, this is how many classic baked goods, like sponge cakes, got their lift.

Whipping egg whites is a delicate process since over-whipped whites will become clumpy and grainy. Temperature also plays a part since room-temperature egg whites will whip up much easier than cold ones. Egg whites can also be whipped with sugar, which makes them more stable, and can be made into meringue and pavlova. The white is also used as a craft cocktail finishing in drinks like the Amaretto Sour and as a clarifying agent in wine making.

THE WHOLE EGG

By now you can likely surmise that using a whole egg in a recipe will provide

**TEMPERATURE ALSO
PLAYS A PART SINCE
ROOM-TEMPERATURE
EGG WHITES WILL WHIP
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COLD ONES**

you with both fat and foam. Whole eggs act as wonderful binding agents and are traditionally called for in many baked goods such as cookies, brownies, pancakes and more. Because they firm

up when they are heated, they can also provide structural support for delicate pastries. That said, whole eggs can also impart a lightness to sweets like cakes and cookies. That's because when they're mixed with sugar, eggs help trap and hold air. To really maximize the magical properties of eggs, you can use yolks and whites separately in the same recipe. For example, when it comes to waffles, separating the egg and folding in a whipped white at the end will ensure you get a tender, fluffy waffle that browns well. Soufflés are another great example of this method. It should be mentioned that cold eggs will make separating the yolk from the white significantly easier, since they are less likely to break.

THE COLOR SPECTRUM

When it comes to the majority of recipes, it's best to use large chicken eggs. The two common colors of their shells are white and brown and there's really not a huge

difference between the two. Both have roughly the same nutritional content and are mild in taste. Home-raised chickens typically produce brown eggs and they might contain a more vibrant yolk and taste slightly richer but this is largely dependent on the feed that is given to the chicken, rather than the color of the shell.

You may have seen eggs in other colors, some of which are very vibrant. These are eggs laid by less common breeds of chicken. For

instance, Isobar is a Swedish chicken breed that lays beautiful green eggs and Araucana is a Chilean breed that lays gorgeous blue spheres. Then, there's the Easter egger which is a hybrid breed that lays a range of gorgeous colors including green and pink!

We've merely scratched the surface when it comes to exploring this wondrous ingredient that is crucial to cooking and baking. The more you experiment with eggs in the kitchen, the more you'll learn!

**TO REALLY
MAXIMIZE
THE MAGICAL
PROPERTIES
OF EGGS, YOU
CAN USE YOLKS
AND WHITES
SEPARATELY
IN THE SAME
RECIPE.**



WEDNESDAY



**HONEY MUSTARD SALMON
WITH ASPARAGUS**

Honey Mustard **SALMON** with Asparagus



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	WEIGHT	VOLUME
Honey	25 g	1½ tbsp
Dijon mustard	25 g	1½ tbsp
Garlic, minced	9 g	3 cloves
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Lemon juice	15 g	15 mL / 1 tbsp
Dill, chopped	3 g	1 tbsp
Salt	To taste	-
Olive oil, extra virgin	15 g	15 mL / 1 tbsp
Salmon, fillet, skin-on	900 g / 2 lb	4 fillets
Butter	60 g	¼ cup
Olive oil, extra virgin	30 g	30 mL / 2 tbsp
Salt	4 g	1 tsp
Black pepper, freshly ground	-	¼ tsp
Garlic, minced	9 g	3 cloves
Asparagus, trimmed	450 g / 1 lb	-
Lemon wedges	For garnish	4 wedges

METHOD

1 Preheat oven to 200°C / 400°F.

2 In a bowl, whisk together honey, Dijon mustard, garlic, olive oil, lemon juice, dill, and salt.

3 Line a baking sheet with parchment paper. Brush salmon fillets with olive oil on both sides. Place fillets skin-side down on baking sheet. Coat the top side of fillets with honey mustard sauce.

4 Bake salmon until just barely cooked through, about 8 to 10 minutes.

5 In a large skillet, melt butter over medium-high heat. Stir in olive oil, salt, and black pepper. Add garlic and cook for about one minute, but do not brown. Add asparagus, and cook for about 10 minutes, turning occasionally.

6 Serve asparagus with salmon. Garnish with lemon wedges.

NOTES

- Serve with a side of rice, potatoes or green salad if you desire
- The sauce also pairs well with chicken and ham
- Alternatively, you can buy prepared honey mustard
- You can also use skinless salmon fillets for this recipe
- Cook salmon to your preference

MAKE AHEAD

COMPLETE STEP 1 OF TOMORROW'S RECIPE
TONIGHT!

THURSDAY



BROCCOLI AND EGG FRIED RICE

Broccoli and Egg FRIED RICE



YIELD

4 SERVINGS



TIME

30 MINS



DIFFICULTY

MEDIUM

INGREDIENT	WEIGHT	VOLUME
Water	675 g	675 mL / 3 cups
White rice, long grain	600 g	3 cups
Salt	4 g	1 tsp
Eggs	180 g	4 large eggs
Salt	2 g	½ tsp
Sugar	10 g	1 tbsp
Soy sauce	20 g	20 mL / 4 tsp
Salt	4 g	1 tsp
Ginger, grated	2½ cm / 1" piece	–
Garlic, minced	6 g	2 cloves
Neutral oil	15 g	15 mL / 1 tbsp
Broccoil, cut into florets	1 lb	5 cups
Scallions, cut crosswise into 2 ½ cm / 1" pieces	–	1 bunch
Salt	2 g	½ tsp
Olive oil, extra virgin	45 g	45 mL / 3 tbsp
Sesame oil, toasted	30 g	30 mL / 2 tbsp
Rice vinegar	30 g	30 mL / 2 tbsp

METHOD

If you cooked the rice last night, skip ahead to step 4.

1 In a saucepan, bring water to a boil. Stir in rice and salt and return to a boil over medium-high heat.

2 Reduce heat to a simmer, cover, and cook until rice is

tender and has absorbed all the liquid, about 16–18 minutes.

3 Remove from heat and place in refrigerator to chill for one hour.

4 In a large bowl, whisk 4 eggs. Season with salt.

5 In another bowl, whisk together sugar, soy sauce, salt, ginger and garlic.

6 In a large skillet, heat neutral oil over medium-high heat. Add broccoli, scallions, and salt. Toss to coat. Cook until charred on one side, about 5 minutes. Stir and continue cooking until broccoli is crisp-tender, about 2 more minutes. Transfer mixture to a bowl and set aside.

7 Using the same skillet, heat olive oil over medium-low. Add eggs and cook, stirring constantly, until large curds begin to form, about 30 seconds. (eggs

will cook quickly, so err on the side of less-cooked because they will become spongy if overcooked.

8 Add precooked rice and soy sauce mixture to eggs. Toss to combine, then press down evenly into skillet. Cook, undisturbed, until rice is slightly crisped on one side, about 5 minutes.

9 Return vegetables to skillet and stir to combine. Remove from heat and add sesame oil and rice vinegar. Stir.

10 Divide fried rice evenly among four bowls and serve.

NOTES

- You can also chop broccoli stems into pieces the same size as florets and cook at the same time
- Sesame seeds, hot sauce and additional scallions can all be used as optional garnishes
- You can substitute green onion for scallion
- Alternatively, you can use sushi or Jasmine rice. Rice can be cooked up to two days in advance if refrigerated
- Pork, chicken, cabbage and peas all make great additions

FRIDAY



SHALLOT MUSHROOM QUICHE

Shallot Mushroom QUICHE



YIELD

4 SERVINGS



TIME

1 HOUR



DIFFICULTY

MEDIUM

INGREDIENT	WEIGHT	VOLUME
All purpose flour	For dusting	-
Pie dough, single crust, store bought	-	-
Butter	14 g	1 tbsp
Shallots, sliced	200 g	2 cups
Mushrooms, Portobello or other, sliced	340 g / 12 oz	6 cups
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Eggs	270 g	6 large eggs
Heavy cream	165 g	175 mL / ¾ cup
Gruyere cheese, grated	115 g	1 cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-

METHOD

1 Preheat oven to 190°C / 375°F.

2 On a floured work surface, using a rolling pin, roll out pie dough to a 30 cm / 12" round.

3 Place pie dough in a 23 cm / 9" pie plate, fold overhang under, and crimp edge. Place a sheet of parchment paper over dough and fill with pie weights or dried beans.

4 Bake until edge is dry and light golden, about 20

minutes. Remove parchment and weights.

5 In a large skillet, melt butter over medium-high. Add shallots and mushrooms and season with salt and black pepper. Cook until light golden, about 8 to 10 minutes.

6 In a medium bowl, whisk together eggs and cream. Add shallots, mushrooms, Gruyere cheese, salt and black pepper. Whisk again and pour into pie crust.

7 Bake until the center of quiche is set, about 40 to 45 minutes. Serve warm or at room temperature.



NOTES

- Use your favorite mushroom in this quiche. For added flavor, use a couple of varieties; shiitakes work well
- For a more challenging recipe, make your own pie crust
- You can substitute Gouda or Provolone cheese for Gruyere
- Garnish with chives or parsley if you wish

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WEEKLY SHOPPING LIST

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This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

PRODUCE Garlic Lemon Yellow onion Scallions Shallots Ginger Broccoli Asparagus, trimmed Mushrooms, preferably Portobello	2 bulbs 2 1 medium 1 bunch 4 large 1 knob 1 head 450 g / 1 lb 340 g / 12 oz
HERBS Parsley Dill	1 bunch 1 bunch
SPICES & CONDIMENTS Sesame oil, toasted Rice vinegar Honey	
MEAT & FISH Steak, striploin, boneless Bacon Salmon, fillet, skin-on	680 g / 1½ lb / 4 steaks 8 oz (approx. 8 slices) 900 g / 2 lb / 4 fillets
CHEESE & MILK Parmesan cheese Gruyere cheese Eggs Heavy cream	15 g 115 g 22 large eggs 265 mL
GRAINS & PASTA White rice, long grain Spaghetti pasta	600 g 450 g / 1 lb
MISCELLANEOUS Pie dough, single crust, store bought	1

**MAKE SURE YOU HAVE THE INGREDIENTS
FROM THE PANTRY ESSENTIALS**



PANTRY ESSENTIALS



The following are ingredients that should always be in your kitchen. We assume you will always have these in your kitchen and do not include them in the weekly shopping list. If you run out, you should re-stock!



Extra-Virgin Olive Oil
Neutral Oil (vegetable, canola, sunflower, etc.)
Butter, unsalted
Salt, Kosher
Black Pepper
Cayenne Pepper (or chili powder)
Oregano, dried
Cumin, ground
Onion, powder
Paprika, sweet or smoked
Vinegar, white wine
Vinegar, balsamic
Hot sauce
Mayonnaise
Mustard, Dijon
Soy sauce
Stock, Chicken or Vegetable
Rice, white or brown
Flour, all-purpose
Pasta, dried long (spaghetti, fettuccine, etc.)
Pasta, dried short (penne, macaroni, etc.)
Sugar, white




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